

TO RUANGGURU REG #03

@najmn0_

Literasi dalam Bahasa Inggris

Adeliapoetri99

Hey guys, I've been feeling really sluggish lately because I sit all day for work. I know I need to exercise, and I actually started a few weeks ago... but staying consistent is so hard. I keep skipping sessions and losing motivation. How can I actually stick with it?

Lifeby

Ugh, same here. I sign up for online workouts, do them for like three days, and then stop. I keep telling myself I'll "start fresh next Monday" but it never happens.

Fontesa234

I read a study about new gym members ([click here to read it](#)), and it found that people who actually stuck with exercise had two things in common: they enjoyed what they were doing and they had support from friends or family. So now I choose workouts I really like and I tell my friends so they encourage me.

Byvindy

I only managed to stay consistent after finding a workout buddy. Knowing someone's waiting for me at the gym makes it harder to cancel. Maybe find a friend or join a class so you're not doing it alone.

Kk910

I stopped working out for a few months last year, and during that time I felt constantly tired and even gained weight. It really showed me how important regular exercise is—it keeps your heart strong, boosts your energy, and helps prevent health problems later in life. I'm still struggling to stay consistent myself, but I'd say try to move at least a little every day. It truly makes a huge difference.

Babykirsby

I'm in the same boat. At first, I get really motivated and stick to my plan for a few days or even a week. But then life gets busy and I skip a session. After that, it feels harder and harder to start again. Before I know it, weeks have passed without exercising. I keep telling myself I'll get back on track, but it never lasts for long.

1. Who posted the benefits of regular exercise?
 - A. Lifeby
 - B. Fontesa234
 - C. Byvindy
 - D. Kk910
 - E. Babykirsby
2. Who provided scientific evidence to support his/her comment?
 - A. Lifeby
 - B. Fontesa234
 - C. Byvindy
 - D. Kk910
 - E. Babykirsby
3. Which of the following issues is stated at the beginning of the thread?
 - A. Starting working a few weeks ago
 - B. Feeling drained from too much time sitting
4. Who hasn't yet overcome the struggle of staying consistent with exercise?
 - A. Fontesa234 and Byvindy
 - B. Lifeby and Fontesa234
 - C. Byvindy and Kk910
 - D. Babykirsby and Lifeby
 - E. Kk910 and Fontesa234
5. Who posted the most relevant answer to Adeliapoetri99's question?
 - A. Fontesa234 and Byvindy
 - B. Lifeby and Fontesa234
 - C. Byvindy and Kk910
 - D. Babykirsby and Lifeby
 - E. Kk910 and Fontesa234

Text 1

HBO has officially started filming the new Harry Potter television series at Warner Bros. Studios Leavesden in the United Kingdom. The long-awaited show will premiere in 2027 on HBO and HBO Max in available markets, including Germany, Italy, and the UK.

The main casts have already been announced. Dominic McLaughlin will play Harry Potter, while Arabella Stanton will be Hermione Granger, and Alastair Stout will take the role of Ron Weasley. **They** join an ensemble cast that includes John Lithgow as Dumbledore, Nick Frost as Hagrid, Janet McTeer as Minerva McGonagall, and Paapa Essiedu as Severus Snape. Additional

cast members announced include Rory Wilmot as Neville Longbottom, Amos Kitson as Dudley Dursley, Louise Brealey as Madam Rolanda Hooch, and Anton Lesser as Garrick Ollivander.

J.K. Rowling, who introduced Hogwarts to the world, is serving as an executive producer to ensure the series stays true to the original story. HBO has also revealed new department heads joining the production, including Adriano Goldman as director of photography, John Nolan as creature effects design supervisor, Alexis Wajsbrodt as VFX supervisor, Dom Sidoli as VFX producer, and Holly Waddington as costume designer.

The Harry Potter films were a global success, earning over 7.7 billion dollars worldwide. With a new cast, fresh visuals, and a longer format, the show will explore the books in greater detail than the films. Fans around the world are excited to see this new chapter in the Harry Potter journey.

Text 2

Fans across the Wizarding World are buzzing with excitement as HBO has revealed a highly anticipated first look at its upcoming Harry Potter series. HBO shared the initial glimpse of Dominic McLaughlin, who plays Harry, stepping into the role of the boy who lived. They captioned the photo: *"The new show. First-years, step forward. The HBO Original Harry Potter series is now in production."*

Fans were quick to jump to the comments to share their thoughts on the update. *"Ok. Yup. He was the perfect choice,"* wrote one user. Someone else said: *"He looks perfect as Harry, not gonna lie."*. Another added: *"HE IS PERFECT!"*. Other fans celebrated the news by commenting: *"A true wizard in the making,"* as well as *"This will be HBO's biggest show ever."*

A number of eagle-eyed fans also pointed out one exciting detail: Dominic's eye colour might be closer to how they're originally described in the books – green, rather than the blue seen in the film adaptations starring Daniel Radcliffe. *"He looks like book Harry!"* one person excitedly noted.

From just one image, it is clear that HBO is taking great care with this adaptation. With a strong casting choice and a clear respect for the source material, the upcoming series already feels like a faithful and exciting return to the magical world of Hogwarts.

Allen, Abby. (2025). HBO's Harry Potter series first look has fans all saying the same thing. Taken on July 24, 2025 from <https://www.hellomagazine.com/film/844161/hbo-harry-potter-series-first-look-has-fans-all-saying-the-same-thing/>.

6. What is NOT mentioned about the new Harry Potter series in Text 1?
 - A. It is currently being produced at Warner Bros. Studios Leavesden.

- B. The three main roles are played by Dominic, Arabella, and Alastair.
- C. Adriano Goldman joins the production as director of photography.
- D. In the series, Harry Potter is best friends with Hermione and Ron.
- E. Holly Waddington will create the costumes for the actors in the series.
7. “**They** join an ensemble cast ...”
(Text 1 paragraph 2)
- The underlined pronoun refers to
- A. the main casts
- B. Dominic McLaughlin and Harry potter
- C. Dominic McLaughlin and Arabella Stanton
- D. Harry Potter, Hermione Granger, and Ron Weasley
- E. Additional cast members
8. What if J.K. Rowling were not involved in the production?
- The series ...
- A. might not premiere on HBO and HBO Max in 2027 as planned.
- B. could be filmed outside Warner Bros. Studios Leavesden
- C. might not include Dominic McLaughlin as Harry Potter
- D. would be much better than the original story
- E. might not stay true to the original story
9. Some Harry potter fans felt that Dominic McLaughlin
- A. brought greater acting ability to Harry Potter than Daniel had
- B. looked more like the book version of Harry than Daniel did
- C. had the most perfect look compared to other casts
- D. had a more beautiful eyecolor than Daniel
- E. was the key actor who would make Harry Potter HBO's biggest success
10. What is Text 2 about?
- A. The physical characteristics of Dominic McLaughlin
- B. HBO sharing a sneak peek photo from its newest series
- C. The similarity between Dominic McLaughlin and Harry Potter
- D. Fans' positive reaction to Dominic McLaughlin as the new Harry Potter
- E. Praises toward HBO for making the new Harry Potter series better
11. The phrase “*eagle-eyed*” in Teks 2 paragraph 3 means ...
- A. Supportive
- B. Observant
- C. Obsessed
- D. Excited
- E. Loyal
12. What is the attitude of the fans toward the new Harry Potter series?
- A. Indifferent
- B. Insightful
- C. Inspiring
- D. Entertaining

- E. Enthusiastic
13. What can be predicted from both Text 1 and Text 2? The Harry Potter series ...
- A. will earn twice as much as the original \$7.7 billion
 - B. will skip some book details to make it shorter than the films
 - C. is likely to be a great success because of the excitement around the preview
 - D. is going to change the storyline completely to surprise longtime fans
 - E. will be released earlier than 2027 because of the positive fan reactions

Text 1

Ice baths have become increasingly popular over the past few years. Fitness enthusiasts and casual exercisers around the world are embracing this trend that was once reserved for elite athletes. Ice baths are exactly what they sound like. They involve immersing your body in cold water for a set amount of time. Ice bath temperatures typically range from 10–15°C, though many people opt for water that's literally icy. Social media is filled with videos of people plunging into freezing water, claiming this helps with everything from recovery after exercise to mental health. But do ice baths live up to the hype?

Ice baths are commonly used to reduce muscle soreness and enhance recovery after exercise, especially among athletes like runners, weightlifters, and football players. Research suggests that taking an ice bath immediately after intense exercise can lessen muscle soreness in the following hours and days. Additionally, ice baths support recovery by enhancing muscle strength, power, and flexibility. They achieve this by reducing inflammation, muscle swelling, and damage while promoting the clearance of metabolites like lactate. So, if you are someone who needs to perform bouts of intense exercise on back-to-back days, ice baths could be a good option.

Text 2

While there isn't any research examining the dangers of ice baths at a population level, there are some possible risks. Cold water immersion has been shown to lead to cold shock which can cause gasping, hyperventilation, high blood pressure, and cardiac arrhythmia (irregular heartbeat). Staying in an ice bath too long (more than 30 minutes) can also increase the risk of hypothermia. Therefore, if you're considering trying ice baths, there are a few things worth keeping in mind. One key aspect is the temperature. Despite the term "ice bath," research suggests that water temperatures of 10–15°C are sufficient for optimal effectiveness. Going colder may not necessarily enhance the benefits and could increase discomfort or risks.

Another crucial factor is duration. Studies on ice bath timings vary significantly, with some lasting as little as three minutes and others extending up to 30 minutes. However, most research suggests that 10–20 minutes is ideal for reaping health and post-exercise benefits.

The way you enter the ice bath also matters. The body's stress response peaks within the first 30 seconds of cold water immersion before gradually subsiding. To reduce the risk of cold shock, it's best to enter slowly and wait for this response to fade before submerging your upper chest and face.

While in the ice bath, it's important to monitor how you feel. Shivering is a normal response, but if you start feeling dizzy or numb, it may be a sign that you need to get out immediately. Listening to your body can help prevent potential negative effects from overexposure to the cold.

Bennett, Hunter & Ben Singh. (2025). Ice baths are popular for exercise recovery and general wellness. But what does the science say?. Taken on March 12, 2025 from <https://theconversation.com/ice-baths-are-popular-for-exercise-recovery-and-general-wellness-but-what-does-the-science-say-250649>.

14. Which of the following statements from Text 1 shows the author's positive attitude toward ice baths?

- A. Ice baths have become increasingly popular over the past few years.
- B. Fitness enthusiasts and casual exercisers around the world are embracing this trend that was once reserved for elite athletes.
- C. Social media is filled with videos of people plunging into freezing water, claiming this helps with everything from recovery after exercise to mental health.
- D. Research suggests that taking an ice bath immediately after intense exercise can lessen muscle soreness in the following hours and days.
- E. So, if you are someone who needs to perform bouts of

intense exercise on back-to-back days, ice baths could be a good option.

15. What is the best restatement for "*Ice bath temperatures typically range from 10–15°C, though many people opt for water that's literally icy.*" in Text 1?

- A. Many choose water that's nearly freezing, even though ice baths are normally between 10 and 15°C.
- B. Ice baths often stay within the 10–15°C range, but some like them to be literally icy with floating ice cubes.
- C. An ice bath usually measures between 10 and 15 degrees

- Celsius and many people avoid near-freezing water.
- D. Some ice bath enthusiasts prefer truly icy conditions, so they set the standard temperature for ice baths is 10–15°C.
- E. Ice baths are usually kept at a temperature between 10–15°C, but some prefer adding actual ice to make it even colder.
16. Which of the following statements from Text 1 and Text 2 is an opinion?
- A. Additionally, ice baths support recovery by enhancing muscle strength, power, and flexibility.
- B. Ice bath temperatures typically range from 10–15°C, though many people opt for water that's literally icy.
- C. However, most research suggests that 10–20 minutes is ideal for reaping health and post-exercise benefits.
- D. The body's stress response peaks within the first 30 seconds of cold water immersion before gradually subsiding.
- E. To reduce the risk of cold shock, it's best to enter slowly and wait for this response to fade before submerging your upper chest and face.
17. Why is Text 2 written?
- A. To highlight the benefits of ice baths while briefly mentioning some risks
- B. To describe how ice baths work and their scientific benefits in improving health
- C. To warn readers about the severe dangers of ice baths and discourage their use
- D. To explain the potential risks of ice baths while providing guidelines for safe usage
- E. To educate readers on the correct way to take ice baths after mentioning the benefits
18. What should you do when taking an ice bath?
- A. Fully submerge your face in the water
- B. Enter and get out from the ice bath quickly
- C. Stay in the ice bath for not more than 30 minutes
- D. Ignore warning signs like dizziness or numbness
- E. Lower the water temperature below 10–15°C to get more benefits

19. What can be inferred regarding the ice bath temperature?

- A. Ice baths must be as cold as possible to maximize their benefits.
- B. Ice bath temperatures below 10°C provide additional advantages.
- C. The willingness to go colder suggests some see ice baths as a test of willpower.
- D. Most individuals believe that water colder than 10°C enhances the benefits of ice baths.
- E. Many people may not be aware that 10–15°C is the most effective ice bath temperature.

20. How are both texts related?

- A. The guidance on how to safely enjoy the benefits of ice baths introduced in Text 1 is explained in Text 2.
- B. The description of ice bath temperatures in Text 1 is corrected by new research in Text 2.
- C. The possible risks briefly hinted at in Text 1 are expanded in detail in Text 2.
- D. The benefits of ice baths introduced in Text 1 are further illustrated in Text 2.
- E. The general idea of recovery in Text 1 is opposed by the warnings in Text 2.